



February 2022 Monthly Calendar

Use your Internet device to go to televeda.com and click the big purple button that says "JOIN CLASS."
The most updated dates and times for classes will always be on live.televeda.com/class-schedule

February 2022

Class times in MST

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
		10AM: Gentle Chair Yoga 11AM: Brain Games Trivia 1PM: Creative Writing Workshop	11AM: Chair Yoga 12PM: Life Story Club 1:30PM: Brain Games	11AM: Bingo 12:30PM: Chair Workout 1PM: Mandala, Dots, & Secret Meanings 5PM: Zumba Gold	10:30AM: Introduction to Televeda 12:30PM: Strength Building	05
	06	07	08	09	10	11
	10AM: Yoga Flow & Destress 11AM: Drawing & Painting 12PM: Strength Building 1PM: Zumba Gold	10AM: Gentle Chair Yoga 11AM: Brain Games Trivia 1PM: Creative Writing Workshop	9AM: Pitch In 11AM: Chair Yoga 12PM: When Neck, Head, Jaw Pain Won't Quit 1:30PM: Brain Games	11AM: Bingo 12:30PM: Chair Workout 5PM: Zumba Gold	11AM: Pre-Valentine's Love Stories 12:30PM: Strength Building	12
	13	14	15	16	17	18
	10AM: Yoga Flow & Destress 11AM: Drawing & Painting 12PM: Strength Building 2PM: Zumba Gold: Valentine's Day!	10AM: Gentle Chair Yoga 11AM: Brain Games Trivia 1PM: Creative Writing Workshop	11AM: Chair Yoga 1:30PM: Brain Games	10AM: Zentangle 11AM: Bingo 12:30PM: Chair Workout 5PM: Zumba Gold	12:30PM: Strength Building	19
	20	21	22	23	24	25
	11AM: Drawing & Painting 1PM: Zumba Gold	10AM: Gentle Chair Yoga 11AM: Brain Games Trivia 1PM: Creative Writing Workshop	9AM: Book Club 9AM: Pitch In 10AM: Innovators Collide! 11AM: Chair Yoga 12PM: Getting Started with Mindful Breathing 1:30PM: Brain Games	11AM: Bingo 11:30AM: Community Advisory Council 12:30PM: Chair Workout 5PM: Zumba Gold	12:30PM: Strength Building	26
	27	28				
	10AM: Yoga Flow & Destress 12PM: Strength Building 1PM: Zumba Gold					

Featured Classes

Mandala, Dots, & Secret Meanings: Attend Dr. Standley's second session. The project in this class will be to do a dot painting of a mandala on a rock (but paper will work fine, too). You'll also discuss the meaning of the mandala: a wonderful geometric pattern that has been around since the first century B.C.

Creative Writing Workshop: Join comic book creator and writer Ari Watkins on a creative writing journey. Think deeper, learn more, and write whatever comes to mind in this writing workshop for all levels.

Book Club: Join our monthly book club for discussion and fun. Please check live.televeda.com/class-schedule for each month's book.

Chair Workout: Try out Jennifer's weekly chair exercise session that combines stretching, cardio, strength building, & relaxation/stress relief, all from a chair! You will practice a full range of motion with shoulders, knees, wrists, ankles, and other joints, and end the class with a guided meditation to get you ready for the rest of the day.

To join any of these classes and see additional events, go to TELEVEDA.COM and click “Join Class”

Questions? Call our toll-free number: 833-299-1449

Please note: the most updated activities calendar will always be on live.televeda.com/class-schedule.

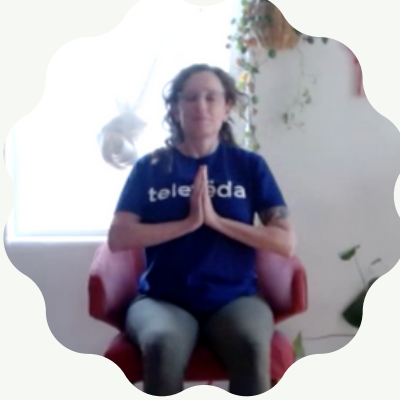
Featured Instructors & Hosts



SEAN A.
Bingo Host



THOMASINA S.
Brain Games Host



EMILY B.
Chair Yoga Instructor



MWENI E.
Zumba Gold Instructor



CYNTHIA S.
Mandala Instructor



VAL
Zentangle Host



JENNIFER H.
Chair Workout Instructor



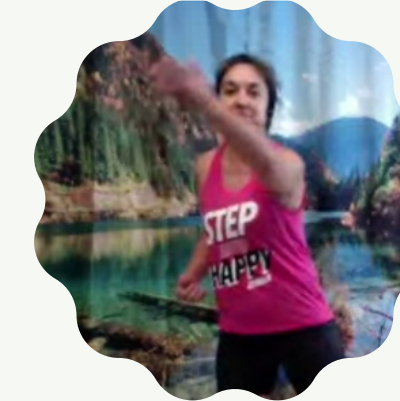
KATHY
Strength Building
Instructor



SUSAN P.
Yoga Instructor



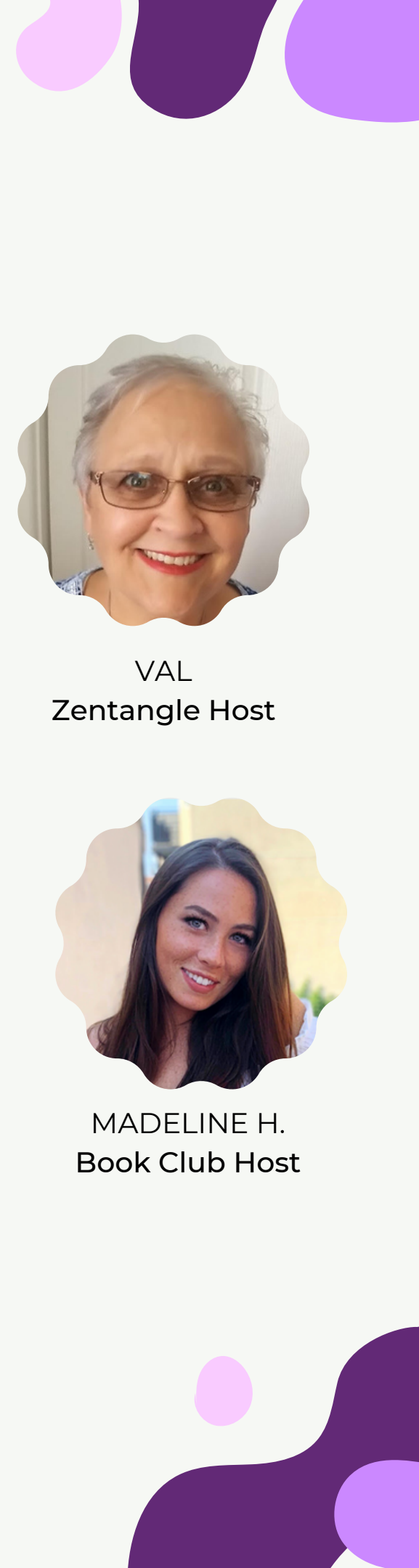
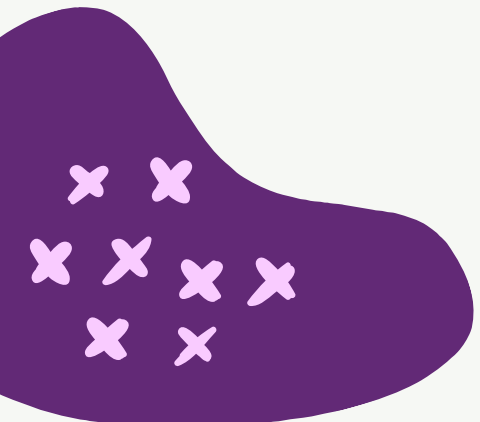
TAL
Drawing & Painting
Instructor



BARBARA S.
Zumba Gold Instructor



MADELINE H.
Book Club Host



Featured Member Reviews



Strength Building - Mondays & Fridays

*"Excellent. I need to be pushed to feel improvement.
Thanks!"*



Zumba Gold - Mondays & Thursdays

"The instructor's pleasant personality & easy-going demeanor just put me right at ease and had me truly dancing, being physical, and just enjoying every minute of it. I can't wait until the next class."



**We love hearing from you!
Please fill out the post-class
feedback after every class to share
your experience with us.**

Bingo - Thursdays

"I came close to winning! It was fun and nice to see the regular people who play online as well."



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Class Descriptions

Bingo [NEW TIME]: Test your luck and meet new friends at our weekly Bingo game via our Televeda Bingo app. Virtual bingo card will be provided when you join.

Book Club: Join our monthly book club for discussion and fun. Please check live.televeda.com/class-schedule for each month's book.

Brain Games [NEW TIME]: Offered twice a week, try out trivia, Scattergories, word unscrambling games, and more to stretch those brain muscles and have fun!

Chair Workout: Stretching, cardio, strength building & relaxation/stress relief all from your chair - practicing full range of motion with shoulders, knees, wrists, ankles, and other joints.

Community Advisory Council: This is your opportunity to shape the Televeda community. Please come join this 45-minute “town hall” to share your suggestions, improvements, questions, and comments about Televeda, its offerings, and more.

Creative Writing Workshop [NEW]: Join comic book creator and writer Ari Watkins on a creative writing journey. Think deeper, learn more, and write whatever comes to mind in this writing workshop for all levels.

**Go to TELEVEDA.COM and click “Join Class” to check these classes out!
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Class Descriptions

Drawing & Painting: Learn from internationally acclaimed artist Tal Dvir on a blend of drawing and painting modalities. Please check live.televeda.com/class-schedule for weekly supplies.

Getting Started with Mindful Breathing [NEW, ON ZOOM]: While we may take breathing for granted, learning how to breathe properly and mindfully can have a profound impact on our physical and emotional well-being, especially as we age. In this evidence-based presentation, you will learn how mindful breathing helps shift the nervous system. This shift can enable us to conserve energy, reduce heart rate and blood pressure, enjoy better sleep, and even improve the immune function. Join this Zoom session via the Televeda lobby.

Life Story Club [NEW]: What advice would you give your younger self? Have you ever taken a huge risk? Answer these questions and more by joining this session with the nonprofit Life Story Club! The Life Story Club is a social space for older adults--a place to meet other individuals to hear other's life stories and to share some of your own.

Mandala, Dots, & Secret Meanings [NEW]: Attend Dr. Standley's second session. The project in this class will be to do a dot painting of a mandala on a rock (but paper will work fine, too). You'll also discuss the meaning of the mandala: a wonderful geometric pattern that has been around since the first century B.C.

Pitch In!: Explore what is happening across the Peoria Valley by listening to local founders share their ideas. Led by the local community and open to the public-all are welcome! You can also join Innovator's Collide after Pitch In for some office hour help.

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Class Descriptions

Pre-Valentine's Love Stories [NEW]: Share your love stories and hear from others at this Pre-Valentine's Day hangout. Get ready for love!

Strength Building: 30 minutes of movement that will help improve muscle flexibility, keep our bones strong, and promote mobility.

When Head, Neck, and Jaw Pain Won't Quit [NEW, ON ZOOM]: Explore orofacial pain with a pioneering specialist and researcher in this field, James Friction, D.D.S., M.S. Dr. Friction will share the common symptoms of orofacial pain conditions, the root causes, typical treatments, and preventative measures. Dr. Friction will also discuss the important role of the mind/body connection in minimizing chronic pain and addiction. Join this Zoom session via the Televeda lobby.

Yoga (Chair, Flow, Gentle Chair): Try various forms of yoga throughout the week for enhanced balance, flexibility, mobility and strength.

Zentangle: Easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns resulting in increased focus, creativity, self-confidence and an increased sense well-being.

Zumba Gold: Latin and international music with dance move to help improve cardiovascular fitness. Offered twice a week, this class will be modified for older adults and focus on balance, range of motion, and coordination.

Go to [TELEVEDA.COM](https://televeda.com) and click "Join Class" to check these classes out!

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How to Join a Class

1. You'll need a device with Internet connection, either a computer, laptop, smartphone, Grandpad, iPad, or others.
2. Open an Internet browser (like Google, Chrome, Firefox, etc.) and type in televeda.com.
3. Click the big purple "Join Class" button at the top right of the screen, as you see in this picture. You're in!



How to Register

1. If you aren't a Televeda member yet, don't worry!
2. You can easily sign up for free. Go to an Internet browser and typing televeda.com. Click "Join Class" (see image above) and then click "No account yet? Click here to sign up."
3. Follow along with the instructions on the screen to get registered. If you have any questions, just call our toll-free number: 833-299-1449.